

Standards of Clinical Care for Children

The following table outlines the type of care children should receive. Very young kids won't need everything (such as eye exams), but older kids, especially teens, likely will. Remember, this is only a guideline.

Care or Service	How Often
Visit with a doctor	Every 3-4 months
Visit with a dietitian	Every 3-4 months
Visit with a diabetes educator	Every 3-4 months
Blood glucose testing	Before meals and at bedtime, at a minimum. The more you test, the better you'll do.
A1C test	Every 3 months
Eye check for retinopathy	Yearly in children 12 or older who have had diabetes for at least five years
Urine test for microalbuminuria	Yearly after five years of diabetes or after puberty
Lipid profile (cholesterol and triglycerides)	Yearly
Height and weight measurements	Every visit
Thyroid functioning	Yearly

For More Information

- [“Standards of Medical Care for Patients With Diabetes Mellitus”](#) by the American Diabetes Association.
- [“Clinical Practice Recommendations \(2002\)”](#) of the American Diabetes Association.
- [“How to Apply the Experience from the Diabetes Control and Complications Trial to Children and Adolescents?”](#) by Stuart J. Brink discusses the importance of good control in children and adolescents and explains the clinical practices of the New England Diabetes and Endocrinology Center.
- [“Medical Guidelines for the Management of Diabetes Mellitus”](#) by the American Association of Clinical Endocrinologists

References

1. *Understanding Insulin-Dependent Diabetes, 8th Edition* by H. Peter Chase, M.D., 1995, pp. 188-9.
2. *Management of Diabetes Mellitus: Perspectives of Care Across the Life Span* edited by Debra Haire-Joshu, MEd, MSN, PhD, RN., St. Louis, 1992, pp. 629-30.
3. *The Joslin Guide to Diabetes* by Richard S. Beaser, M.D., with Joan V.C. Hill, R.D., C.D.E., pg. 30.

Source: Children With Diabetes web site at <http://www.childrenwithdiabetes.com>